



## A Message From The Secretary

In what was a tremendous showing of long-term collaboration and extensive planning, federal and state officials just conducted the Pandemic Readiness and Emergency Planning Conference in Topeka. During the meeting, a planning resolution was signed by Governor Kathleen Sebelius and U.S. Health and Human Services Deputy Secretary Alex Azar. The agreement outlines the federal and

state governments commitment to coordinate response efforts during a pandemic. It also outlined the federal government's plans to continue providing pandemic planning assistance and funding to Kansas.

We can each have an impact on pandemic preparedness in our role at work and in the community by looking at ways to get involved in these planning processes as well. We must also remember the importance of taking precautions for our families and ourselves by ensuring we have a home preparedness kit including water, non-perishable food and medications (prescription and non-prescription). Planning checklists for you and your family are available at [www.pandemicflu.gov](http://www.pandemicflu.gov) and [www.kdheks.gov](http://www.kdheks.gov). These actions will help us all to ensure a healthier Kansas. The checklists are printed at the end of this column.

Due to the incredibly positive response, the Capitol Mid-Week Farmers' Market will be held weekly instead of every other week as originally planned. The Market provides yet another way for each of us to participate in the Governor's Healthy Kansas initiative. The market will provide fresh fruits and vegetables are available to Topeka workers every Wednesday to encourage the daily consumption of fruits and vegetables. I encourage you to stop by the Farmers' Market to see what it has to offer to help keep you and your family healthier this summer.

This week, Kansans can rally behind crop artist Stan Herd as he attempts to complete a 12-day run from Lawrence through the Flint Hills to promote recycling. Herd will travel some 10-15 miles a day stopping each afternoon to paint and create artwork inspired by the Kansas landscape. The artwork created each day will be given away during a random drawing in early July as part of KDHE's **Get Caught Recycling!** Contest. You can find out more information by going to [www.getcaughtrecycling.org](http://www.getcaughtrecycling.org).

With the official start of summer just a few weeks away, it's time to think about keeping our families safe as we begin to take advantage of the warmer weather for outdoor activities. Recreational water illnesses are spread by swimming in water that has been poorly maintained and is contaminated with chlorine-resistant germs or from run-off to lakes or beaches. Diarrhea is the most commonly reported illness associated with recreational water, however, recreational water illnesses also include skin, ear, respiratory, eye, and wound infections. You can stay safe by doing the following: avoid swimming when sick, wash before and after swimming, and avoid swallowing the pool water. More information is available at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming) and [www.kdheks.gov](http://www.kdheks.gov). Have an enjoyable and safe summer!

Be well,



# Pandemic Flu Planning Checklist for Individuals & Families



You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

## ***1. To plan for a pandemic:***

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- ☐ Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- ☐ Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- ☐ Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- ☐ Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- ☐ Volunteer with local groups to prepare and assist with emergency response.
- ☐ Get involved in your community as it works to prepare for an influenza pandemic.

## ***2. To limit the spread of germs and prevent infection:***

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- ☐ Teach your children to wash hands frequently with soap and water, and model the current behavior.
- ☐ Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- ☐ Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

### 3. Items to have on hand for an extended stay at home:

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"><li><input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups</li><li><input type="checkbox"/> Protein or fruit bars</li><li><input type="checkbox"/> Dry cereal or granola</li><li><input type="checkbox"/> Peanut butter or nuts</li><li><input type="checkbox"/> Dried Fruit</li><li><input type="checkbox"/> Crackers</li><li><input type="checkbox"/> Canned juices</li><li><input type="checkbox"/> Bottled water</li><li><input type="checkbox"/> Canned or jarred baby food and formula</li><li><input type="checkbox"/> Pet food</li><li><input type="checkbox"/> Other nonperishable foods</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment</li><li><input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash</li><li><input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen</li><li><input type="checkbox"/> Thermometer</li><li><input type="checkbox"/> Anti-diarreal medication</li><li><input type="checkbox"/> Vitamins</li><li><input type="checkbox"/> Fluids with electrolytes</li><li><input type="checkbox"/> Cleansing agent/soap</li><li><input type="checkbox"/> Flashlight</li><li><input type="checkbox"/> Batteries</li><li><input type="checkbox"/> Portable radio</li><li><input type="checkbox"/> Manual can opener</li><li><input type="checkbox"/> Garbage bags</li><li><input type="checkbox"/> Tissues, toilet paper, disposable diapers</li></ul>

**PandemicFlu.gov**



**AvianFlu.gov**